

# The Boston Osteopath.

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With rushing winds and gloomy skies  
The dark and stubborn Winter dies:  
Far-off, unseen, Spring faintly cries,  
Bidding her earliest child arise:

March!

\* \* \* \* \*

BAYARD TAYLOR.

## Osteopathic Control Over Secretion.

HIRAM R. JONES (OSTEOPATH).

NEW YORK, N. Y. (325 W. 56th STREET).

THE term secretion is applied to the process by which certain materials are removed from or manufactured from the circulating blood.

The secretions are of two kinds, which certain authors classify as follows:—

1. Recrementitious secretion (or secretion proper), applying to those materials which, after being separated from the blood by their respective secreting glands or membranes, are again used in the bodily economy. The true secretions are derived (supposedly) from the nutritive principles of the blood.

3. Excrementitious secretions (or excretions proper) are generally composed of materials that pre-exist in the blood, and are products, or rather the results, of the activities of nutritive processes continually taking place in the body. If retained in the blood, they exert a deleterious influence upon the body.

The entire secreting apparatus of the animal body is built upon a single plan, and while complex is simple. The principle of the machinery (for it is a machine) is this: A capillary duct terminating in a *cul-de-sac* or loop, around which there is a free distribution of capillary blood vessels. A microscopical examination of such a "sac" shows its internal surface to be studded with a multitude of cells, in every stage of



development, from rudimentary to that of being completely filled and in the state of being disrupted. Unless the microscopist knew, he could not tell by its shape, relations, blood supply, or nerve supply, whether the cell was taken from the acini of a kidney, from the liver, or from a salivary gland. The chemist might find in the protoplasm of the kidney cells a trace of urea, in the liver cell a trace of bile, etc., but this is only the result of the cell activity and does not prove any difference in the cell.

In all the secreting organs, these cells are reproduced with the greatest rapidity while the organ is in a healthy condition, and filling themselves from the blood vessels they discharge into the common duct of the gland. It is an established fact that within these cells the function of the secretion must be found; but why a liver cell secretes bile, a salivary cell secretes ptyalin, a kidney cell secretes urea, no one has been able to say. Virchow says, "It is due to a special selective affinity." This classes secretion as a vital process, instead of a simple process of straining, as many physiologists have put it.

A gland is an association of the above-described ducts and blood vessels, bound together by connective tissue. The various glands may seem to be different in their ultimate arrangement and structure, as in the case of the liver and kidneys, but upon close analysis will be found to correspond to the common type.

The functional activity of a gland is dependent upon (1) A normal condition and activity in the formation of secreting cells. (2) A free supply of blood, — or undisturbed circulation to and from the gland. (3) The presence, in the blood, of the elements of secretion in such form that these elements can be used. This at once suggests the necessity of the proper supply of nutritive material, the activity of processes of waste, and also the activity of all

other glands. (4) The normal innervation of the gland.

Upon these physiological facts must be based the therapeutics for the treatment of any lesion in secretion, whether that lesion be *excess*, *defect*, or *perversion*.

While the medical profession have recognized these physiological truths in the study of physiology, in therapeutics it has completely ignored them, and has given for a recognized lesion some drug whose effect is never the same in any two cases. Nothing could be less logical.

Lesions of secretion form such an important part of all acute and of most chronic diseases that writers on symptomatology devote most of their description of a given disease to a citation of the disturbances of the excretory organs.

In nearly all febrile diseases, we find "skin dry and hot, mouth dry, tongue coated brown or yellow, catarrh of nose and throat, breath fetid, urine scanty and high colored, bowels constipated, or tendency to diarrhoea." In fact, some writers argue that all inflammatory conditions not due to injury are due to retained excretions. This is proved by the fact that an early re-establishment of the secretions is followed by a cessation of the inflammatory processes. So there is no fact plainer than that if a fever is produced by retained excretions, the sooner these are removed the better. So that the re-establishment of secretion becomes at once the most prominent indication of treatment.

The question now arises, How can this best be done? Shall we experiment with drugs, or shall we go back to the physiological conditions necessary for normal secretion, *i. e.*, cell change, circulation, blood making, and innervation? Certainly, here is where we must go if we would be rational.

Taking the first of these, we can do but little to change, directly, the formative force of the cell. A very great amount depends upon healthy



cell-parentage ; for only healthy cells can produce healthy cells. We can, however, do much to favor the normal development of the cell. We know this is dependent upon normal circulation, innervation, temperature, and secretion ; so our argument takes us at once to circulation.

One of Dr. Still's hobbies (it is a good one and will stand all the riding that may be given it) is circulation of the blood. The vitality of the blood, or its formative power, is strong just in proportion to its activity. Stasis of the blood always impairs the vitality of this fluid, and this impairment is almost in direct ratio to such impediment or stasis. A slightly increased activity of the circulation of the blood in an organ increases the function of the organ, other things being normal. Certain drugs are given because they are supposed to affect the vascularity of certain organs ; but we hold that this is not the natural therapeutics.

The circulation of blood in a gland may be increased by direct manipulation. It can be effected by what is commonly known as Osteopathic stimulation. In order that such an effect may be produced, the operator must know the anatomy of the vascular system and of the gland in question. He must know the arteries and their relations, and especially the veins and their relations.

This circulation may also be stimulated in two indirect ways, which usually prove more permanently effective than the direct stimulation.

- (1) A general stimulative treatment of the circulation in the extremities and throughout the whole body. This seems to have a specific effect upon the force of the heart-beat, and in slowing the rapidity of the pulse.
- (2) The circulation of blood in the capillaries, as well as in the greater vessels, is under the control of the sympathetic nerve, by the influence it exerts on the calibre of blood vessels.

This influence is very little understood by physiologists as yet ; but one more proposition has been

proven, *viz.*, that the circulation in certain definite areas is under the influence of certain definite nerve centers or ganglia. The circulation of this area may be influenced by the condition of the whole nervous system ; but stimulation of this certain ganglion or center always influences the same area. That area is related to the certain nerve center or ganglion, because fibres passing from the ganglion are distributed to the area.

For example, the lumbar enlargement of the spinal cord controls the circulation of the blood in the sexual organs, a stimulation of this part of the cord producing increased circulation in those organs. It is recognized that the sciatic nerve has something to do with the blood pressure in the vessels of the leg. The renal splanchnic controls the circulation in the kidneys. Physiologists have proven a number of these vaso-motor centers, and Dr. Still and other Osteopaths who have been observant have proved several about which physiologists have never written.

The question now is, how can the circulation to a gland or secreting organ be influenced by any manner of manipulating a nerve, nerve ganglion, or nerve center ? A nerve can be stimulated in four ways, so say writers on the subject, *viz.*, by chemical, thermal, electrical, and mechanical irritation ; but I am going to prove a fifth. An increased circulation of the blood is the other means of stimulating the nerve.

The Osteopath affects the nerve in two ways ; first, by mechanical irritation produced by his manipulation, and second, by his mechanical effect upon the circulation of the blood to the nerve, nerve ganglion, or the section of the spinal cord in which the controlling center is found.

Space will not allow in this article to enter into a discussion of that phase of this subject dealing with the materials of secretion in the blood. Suffice it to say that if the blood is circulating properly and is



supplied with the proper amount of nutritive material, and if all the excretory organs are at work, very little can get wrong with the blood.

Innervation is the next condition for glandular activity. Just how the activity of the secreting cells of a gland is influenced by the nervous system is not definitely known. Considering the fact that the sympathetic nerve-fibres pass with the blood vessels and are distributed with them even to the ultimate ramifications of every artery, we know that the sympathetic system has much to do in controlling the circulation, and in this manner influences secretion. Aside from this, Dr. Carpenter says in his treatise on Physiology: "Upon this point we can only surmise; but there appears to be strong ground for the conclusion that the office of these fibres (sympathetic nerve) is to produce a direct influence upon the chemico-vital processes concerned in the organic functions of nutrition, secretion, etc." We do know that certain nerve centers are connected with certain secretory functions. We know that irritation of the lower dorsal portion of the spinal cord induces disease of the kidneys and urinary apparatus, and also that electrical stimulation of that part of the cord increases the secretion of the urine ("New American Text Book of Physiology"). Irritation of the cord about the sixth and seventh dorsal affects hepatic secretion. Other proofs might be cited.

Irritation alone may not be the only nervous disturbance affecting the secretion of the gland. As before stated, the nutrition of the nerve, the ganglia, or the cord may also be interfered with through the circulation, by pressure resulting from muscular tension and from various other mechanical disturbances.

Any one who has studied the circulation of the spinal cord must have noted the possibility of venous obstruction by muscular contraction. This suggests at once a manipula-

tive treatment directed to the removal of any possible obstruction to the circulation of the nerve, ganglia, or section of cord, controlling the organ in which the disturbed function is found.

Suppose there is no obstruction or irritation perceptible, but there is defective secretion; is it not a rational conclusion to suppose that if the circulation of the center be stimulated, the function which the nerve controls will also be strengthened?

Now to summarize. 1. A healthy condition of the body necessitates an activity of all the secreting organs, *i. e.*, (a) The recrementitious secretions. (b) The excrementitious secretions.

2. The conditions necessary are these:—(a) Secreting cells of the glands must be healthy. (b) There must be a normal and active circulation of blood. (c) Blood must contain elements of secretion in such form that it can be utilized. (d) There must be normal innervation.

3. Any rational treatment of any lesion of secretion must be directed as follows:—(1) To secreting-cells of glands and to favorable cell-growth of body. This means plenty of fresh air, proper exercise, good wholesome food, proper bathing, etc. (2) To circulation of blood not only in the gland but in the whole body. This requires removal of all obstructions and a normal condition of the whole of the anatomy. (3) To innervation. All possible source of nervous irritation must be removed, and a proper nutrition of the nerves must be obtained.



The story of the judgment of Solomon as told in 1 Kings III. was thus paraphrased by a little Sunday School girl in Pontiac, Michigan: "Solomon was a very wise man. One day two women went to him quarrelling about a baby. One woman said, 'This is my child,' and the other woman said, 'No 'taint, it is mine.' But Solomon said, 'No, no, ladies; don't quarrel. Give me my sword and I'll make twins of him, so you both can have one.'"—*Exchange*.



**Rheumatism.**

LESLIE E. CHERRY, D. O.,

(MILWAUKEE, WIS.)

[In response to many inquiries about osteopathic treatment of rheumatism, we reprint this article from the issue of May, 1898.—ED.]

We find rheumatism very common in this city, (Milwaukee,) which is so situated that during a large part of the year a damp wind blowing from the Lake prevails, developing all neuralgic and rheumatic complaints. As we have had a large number of such cases under our care and have been very successful in our treatment, I cite a few, believing such a statement will interest your readers more than a general consideration of the subject.

The first case was muscular rheumatism of long standing. The patient was a woman seventy-two years of age. The trouble had located itself chiefly below the knees, the muscles of both legs being badly swollen. The treatment was given under most unfavorable circumstances, as she was obliged to be on her feet from early in the morning until late at night; but the cure was complete, and was accomplished in an incredibly short space of time, as the patient had but five treatments. These were given early in July, '97, and there has been no return of the complaint since then.

Another case which was more stubborn in yielding was that of articular rheumatism where this condition had existed for ten or fifteen years. The patient was a woman past middle life and, when she came to us, could walk only with the greatest difficulty. Upon examination we found one of the ankle joints badly inflamed and very sensitive; as in all such cases, there seemed to be a starvation of the synovial membrane, and manipulation of the joint produced a grating sound as of dry bones rubbing together. We endeavored to restore a blood supply to the joint,

and with such success that relief was felt after the first treatment. At the end of the first month the ankles were much better, and at the close of the second month were completely cured.

We have had marked success in cases of sciatic rheumatism. In acute cases the relief is immediate. With chronic cases, even, it is wonderful what Osteopathy will do. One of the most successful cases we have had of this nature is one of nearly twenty years' standing. It was not an ordinary case of sciatica, but one of chronic inflammation of the sciatic nerve. There was also a badly inflamed condition of the hip and knee joints. The patient had not taken a step without the aid of crutches for several years. She had had all sorts of treatment, had tried various kinds of baths, had taken electricity in several forms, and just before coming to us had undergone a course of massage of ten months' duration, without receiving any benefit. This case has been under our care five months and the results have been most gratifying. The patient has discarded one crutch and uses the other only a part of the time. Recovery in her case has been slower than it would otherwise have been but for the effects of the medicine she had taken. "Nerve Tonics" and "Blood Purifiers" had been given in large quantities. She told me soon after beginning with me that she had taken quarts of salicylic acid. In consequence, the whole digestive tract had become badly diseased; but this condition has yielded to our treatment, and complete recovery seems reasonably certain.

We have proven to our own satisfaction as well as to that of our patients that Osteopathy is the greatest remedial agency of the age for this class of ailments. We haven't failed to give relief in any case that we have treated; consequently our faith is continually



being strengthened in the great science that we represent, not only for the treatment of rheumatism, but for any of the numerous ills that come under our care.



### What is Osteopathy?

The scientific world is just now beginning to learn that there may be something of merit in a new system of treating disease of which its books and its standard "authorities" say nothing. Hence the question which forms the title of this article is no longer asked by the "common people" only, but is frequently heard from the centers of culture, and the seats of learning, asked by earnest students who believe, as Dr. Littlejohn, in his address to the graduating class says, that "the day of orthodoxies is over and the day of real science is just dawning.

"A great many people regard Osteopathy as a secret which Dr. Still and his co-workers are guarding from publicity. Greater error was never made. Those who are acquainted with Dr. Still know full well that, were he possessed of a secret, which, if generally known, would benefit humanity, that secret would be made public without delay. But Osteopathy is not a secret that can be easily disclosed. Any attempt to give to the general public, or to place before the scientific world, a written explanation of Osteopathic practice, would work greater harm than good; for it could only result in turning loose a lot of quacks to prey upon the people. It is utterly impossible to impart a useful knowledge of Osteopathy through the press, the printed text book, or from the lecture platform.

"The principles of the science can be comprehended only by those who are thoroughly familiar with anatomy and physiology; and even to those competent to grasp its principles, Osteopathic practice cannot

be explained in print or by word of mouth. A clear, practical knowledge of the system can only be gained while working on the animal machinery under the direction of a competent operator.

"The successful Osteopathic operation must be directed by a mind thoroughly acquainted with every part and process of the animal economy. In addition to this knowledge, the Osteopathic fingers must be trained to detect instantly the slightest abnormality. The sense of touch must be developed to its highest perfection. As the deft fingers of the blind pupil are trained to distinguish readily the different letters of the alphabet through many thicknesses of heavy cloth, so the Osteopath, by running his skilful fingers over the surface of the body, discovers the slightest misplacement of any muscle, tendon, bone, artery, or vein. An absolute, unerring knowledge of normal anatomy, not merely the name of each part and how it looks, but how it feels as well—this high development of the sense of touch—is the great foundation of Osteopathic diagnosis. And it is rare, indeed, that any morbid condition of the body escapes the Osteopathic fingers.

"By a technical definition of the word Osteopathy, a great many people are led to believe the new science one which treats only bone diseases or dislocations. The term 'Osteopathy,' like terms that are often applied as names, is not truly indicative of the character of the new method of treatment. In fact, it is impossible to frame a word that will give a correct idea of the new system. Realizing this, Dr. Still coined the word *Osteopathy* and applied it to his science as a name. While the most common translation is misleading, the word 'Osteopathy' is, after all, a very appropriate name for the science. The great fundamental principles of the new philosophy are:

"1st. That health is natural; dis-



ease and death, between the time of birth and old age, unnatural.

"2d. That all bodily disorders are the result of mechanical obstruction to the free circulation of vital fluids and forces.

"Under this law, when the animal organism is 'in line,' as the machinist would express it, health will follow. The body is regarded as a machine. Alignment of any structure must begin from the framework. The framework of the animal machine is the bones. Upon this framework the Master machinist built the structure of animal life. Order is the great law of life. Disorder is disease and death. In the maintenance of the physical order necessary to the normal working of the animal machinery, the bones are of paramount importance. As the surveyor looks for his stakes, so an Osteopath must go to the bones for his fixed points before "running a line" or exploring the human body in search of abnormal conditions. Thus the human skeleton, being the part of the animal organism upon which order most depends, is made the foundation of Osteopathic practice; hence the name 'Osteopathy.' The word should be defined, not as 'bone-healing,' 'bone doctor,' or any of the constructions which the enemies of Osteopathy delight to give it, but as 'a method of treating diseases, founded by Dr. Still.' When considered in this light, the word is very appropriate. The system consists of carefully tracing out and readjusting mechanical disorders which interfere with 'natural functions,' thus enabling nature to maintain her equilibrium, which is health."—*Journal of Osteopathy*.



#### THE EXACT TRUTH.

*Judge*: "Did you say the man was shot in the woods?"

*Medical Witness*: "No, your Honor; I said he was shot in the lumbar region."—*Yonkers Statesman*.

### Why Osteopathy is Popular.

It is a fact that the Osteopath in a few weeks or months obtains a standing with the best people in his community that it would take a physician years to acquire.

The reasons for this are many and obvious. In the first place, the theory of the science of Osteopathy is a rational and common-sense one. There is nothing vague, mysterious, or occult about it; but being based upon the laws of nature it commends itself to the unprejudiced and thinking mind.

Another thing that tends to popularize it is the plain and reasonable system of charges usually adopted by the Osteopath—a system whereby the patient is enabled to tell approximately what it is going to cost him to regain his health. The treatment is undertaken with the knowledge that there will be no bill for medicines, extra visits, etc., at the final reckoning.

Almost every one dislikes to take medicine. There is hardly an adult to be found who has not many times been depressed and sickened by heroic doses of drugs, and as the Irishman expressed it, "felt sick a long time after he got well." If Osteopathy did nothing but abolish experimental doses of poisonous drugs and curtail the number of surgical operations, it would be worthy of the gratitude of countless sufferers.

And finally, Osteopathy has loyal defenders and warm adherents among all classes because of results attained by its practitioners. "Nothing succeeds like success." It is results that tell.

What the invalid wants is to get well. He is not so much interested in the name of the school of healing to which his doctor belongs as he is in the fact that he can do what he claims to do. It is by this standard that Osteopathy asks to be judged. While the claim is not made for it that it is a cure-all or that it has eliminated death from the world, yet the fact



remains that it has brought health and vigor to the body and cheer to the heart of many an invalid from whom all hope had vanished.

These are but a few of the reasons why Osteopathy has firm, loyal, and able friends wherever it has been introduced by competent and conscientious Osteopaths. — A. L. EVANS, in *The Popular Osteopath*.



### March.

I Martius am! Once first, and now the third!

To lead the Year was my appointed place;

A mortal dispossessed me by a word,  
And set there Janus with the double face.

Hence I make war on all the human race;

I shake the cities with my hurricanes;  
I flood the rivers and their banks efface,

And drown the farms and hamlets with my rains.

—LONGFELLOW.



Men wear a "divided skirt" that has no top to it, a coat with no front to it, a waistcoat with no back to it, a starched shirt-front like a breast-plate, and a collar which cuts their necks all round; not to mention the absurdities of stockings which only reach the ankle, and cannot be fastened up anyhow, and a preposterous pang in the shape of headgear. —*The Gentlewoman*.



"TIGHT BANDS.—It matters not whether it be the collar, the waist band or the garter, all constricting bands are injurious; anything that compresses the blood vessels, and interferes with the free circulation of the blood, should not be tolerated."



He that has an hundred and one, and owes an hundred and two, the Lord have mercy on him! — *Old Proverb*.

### What Osteopaths Study.

Osteopathy is a system of treating human diseases by using the human hand. The Osteopath is a skilled mechanic of the human body, and the basic principle of his work is adjustment. To those who have never contemplated this basic principle, some words of explanation may be necessary: *Adjustment* — by this is meant the proper relationship of the different tissues of the body to each other so that there will be no interference with the flow of blood, movement in joints, passage of nerve currents, etc.

It is known that pressure on the main artery of a limb for some time practically causes death of the part deprived of its nourishing current of blood. Pressure upon a nerve trunk may cause a loss of that subtle influence which causes cells to take up their nourishment. Pressure may be upon nerves and blood vessels by slight dislocation of the bony framework upon which we depend entirely for support; or, furthermore, the excessive contraction of a muscle, as a result of exposure to cold, may be able to exert such a pressure upon nerve or blood current as to cause grave conditions to exist in the area supplied by this nerve or blood current.

The education of the Osteopath is of such a nature as to qualify him to discover not only those dislocations and contractions which are patent to the most superficial observer, but also those slight dislocations and displacements which cannot be appreciated except by a delicate, trained sense of touch.

The Osteopath has an education on a par with that possessed by all practitioners of medicine along those lines of study and research approximating exact sciences, such as anatomy, physiology, chemistry and toxicology, histology, hygiene, obstetrics, gynecology, and urinalysis. There is only this difference between an Osteopathic education and that of the legalized practitioner of medicine:



we discard from our curriculum the subjects of *materia medica* and medical therapeutics, substituting therefor the principles of Osteopathy, osteopathic diagnosis, and osteopathic therapeutics.

Osteopathy is not a system composed of a few feeble theories which are being forced upon the public by judicious advertising. The principles of this system are founded upon the unalterable laws of nature. The system is a scientific one, and will commend itself to all as such if thoroughly investigated.

The students are compelled to study those fundamental branches common to all legalized systems. Anatomy and physiology are studied much more thoroughly than is done in medical schools. These studies are the basis for osteopathic practice. During twenty months, anatomy is the chief study; and during all these four terms of five months each, the relations of tissues and approximate outlines of deeper structures on the surface of the body are firmly impressed upon the mind of the student. Whereas the medical student applies himself to the study of drugs and their therapeutic action and value in health and disease, the osteopathic student applies himself to the study of anatomy, how the relation of parts may be altered by using the extremities as levers, and also how these manipulations have therapeutic action and value in health and disease.

For purposes of careful and absolute diagnosis, the Osteopath uses the microscope; he is also versed in the proper testing of the excreta of the body.

Osteopathy has experienced a comparatively rapid growth during the past ten years, and we may safely assert that this growth is due alone to results of treatment. The technical and scientific education of the Osteopath has given him an acquaintance with the human body in health and disease which has impressed the public with confidence.

Osteopathy is not a conglomeration of discarded theories of long ago, but is a system which is the logical outgrowth of years of careful and painstaking study and experiment.

Medicine (meaning by this the giving of drugs) can not challenge Osteopathy to a comparison of principles with any hope of supremacy.

Surgery is mechanical, and to that extent is in the same class with Osteopathy. We can only differ with the surgeon as to the necessity for an operation.—*The Osteopath*.



"Doctor," said the patient, "I believe there is something wrong with my stomach."

"Not a bit," replied the doctor very promptly. "God made your stomach, and he knows how to make them. There is something wrong with the stuff you put into it, maybe, and something wrong with the way you crowd it in and stamp it down; but your stomach itself is all right."

And then the patient went out to find a physician who understood his business!—*New Orleans Times-Democrat*.



There is no culture of character, refinement of feeling, brilliance of intellect, keenness of reasoning, no polish of manners, completeness of education, grace of literature, resources of scholarship, or ambition for discovery, that may not find free and full exercise and expression in the proper study and practice of Osteopathy.—*Journal of Osteopathy*.



"For real animation and ginger, the hearings on Osteopathy up at the State House appear to be entitled to the premium tulip."—*Boston Herald* (March 9).



As all roads lead to Rome, so all paths, presumably, lead to health. The latest of these paths is the Osteopath.—*Boston Evening Transcript*.



"Dr. Horton Fay Underwood of Boston, Mass., visited his *alma mater* this week. He reports the fame of Osteopathy to be spreading swiftly in New England."—*Journal of Osteopathy*.



# THE BOSTON OSTEOPATH.

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If the medical societies, or, rather, the State Board of Registration in Medicine, will only continue to oppose the recognition of Osteopathy in Massachusetts, it will advertise Osteopathy as nothing else could. Practice increases rapidly as the result of agitation.



## RECOGNITION OF OSTEOPATHY IN SOUTH DAKOTA.

Word was received March 8th that Gov. Andrew E. Lee had signed the Osteopathic Bill in that State. Two years ago the Governor vetoed a similar bill which had passed the legislature by a vote of 74 to 28.



Osteopathic bills are being pushed in Montana, Minnesota, Illinois, Idaho, California, and Colorado.

In Indiana, Oregon, and Kansas, medical bills prohibiting the drugless science are before the legislatures.



The Osteopathic bill in Arizona was defeated Feb. 14th. The bill passed the House by a vote of 22 to 2. In the Senate the vote stood 6 to 6. The Senate contains only twelve members, one of whom is a doctor of medicine.

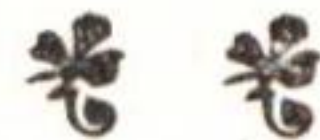
The Osteopaths may well feel proud of such a showing, receiving 28 votes out of 36. The eight votes

cast against the measure were so divided as to defeat the bill. Success the next time.



## CLINICS.

A limited number of patients at \$10.00 per month will be taken at the Boston Institute. Treatment is to be given by students who will graduate this year. Examination will be made by Dr. Underwood, Dr. Ellis, or Dr. Achorn, who will have supervision of such cases.



## NEXT CLASS.

The Fourth Class convenes April 10, 1899, and promises to be the largest class at the Boston Institute. The entire month will be open for matriculation, but we should advise prospective students to arrange to start with the class if possible.

For further information, write to C. E. Achorn, D. O., *Pres.*, 178 Huntington avenue, Boston.

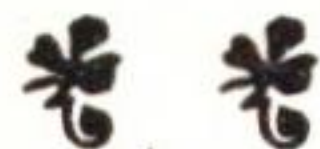


E. W. Greenough, D. O., is doing good work with the clinics at the Boston Institute, and is making an enviable reputation in acute diseases.



Horton Fay Underwood, D. O., formerly of New York City, and one of the brightest and most experienced of the Kirksville graduates, has decided to become a permanent member of the Faculty at the Boston Institute.

Dr. Underwood will devote three days each week to school, and three days to a branch office in Lowell, Mass. (For address, see page 20).



Dr. Underwood's New York office will be carried on by his cousin and partner, Evelyn K. Underwood, D. O., at the following new address: Presbyterian Building, 156 Fifth Avenue (Twelfth Floor).



## Osteopathic Legislation in Massachusetts.

The representatives of the science of Osteopathy in Massachusetts, not being diffident, or afraid to ask for what they want, have had introduced into the legislature a bill "Authorizing the Practice of Osteopathy in the Commonwealth of Massachusetts." (See Jan. *Boston Osteopath*, p. 15.)

There is some doubt about the liability of an Osteopath practicing in Massachusetts. The law is not plain. Section 10 says: "Anyone holding himself out as a physician or surgeon \* \* \* shall be punished by a fine of not less than \$100, nor more than \$500, for each offense, or by imprisonment in jail for three months, or both."

Section 11 says: "It shall not apply to clairvoyants or to persons practicing hypnotism, magnetic healing, mind cure, massage methods, Christian science, cosmopathic or any other method of healing; *Provided such persons do not violate any of the provisions of Section 10.*"

The medical law provides for an examination in Surgery, Physiology, Pathology, Obstetrics, and Practice of Medicine, of an elementary and practical character.

The Osteopathic Bill provides for the same examination except Surgery and Practice of Medicine, we to take in place of these Anatomy, and Practice of Osteopathy, and not to be permitted to use or to prescribe drugs, nor to perform major or operative surgery. We agreed to include Toxicology and Minor Surgery, if the Committee desired. This does not indicate that we are trying to lower the standard, when we voluntarily offer to take such an examination if an Osteopath is placed on the Board.

The following is a clipping from the *Boston Sunday Globe*, March 12th:

"These Osteopathy hearings have brought up anew the question whether the head of a State department ought to appear before a committee and argue for

or against a piece of proposed legislation, unless the committee asks for his attendance and advice.

Dr. Harvey, for instance, is paid by the State for enforcing the statutes now on the books. Should he remonstrate against or approve of a legislative act which he may be called upon to execute?"

### FIRST HEARING.

The hearings began Feb. 15th.

The room in use by the Committee was wholly inadequate to accommodate the large number of persons who indicated by their presence that they favored the new method of treatment; and the hearing was adjourned to the largest committee-room in the State House, which was crowded.

Dr. Achorn opened for the petitioners, with a brief address in which he stated that they were not there to ask favors, but to prove to the Committee that the science they represented was a valuable one. He referred to the bill which was recommended by the State Medical Board last year but which failed to pass, and quoted from newspapers to show that a similar bill was in preparation for this present session; the Osteopathic bill being only in anticipation of such action. The Report that was issued by the Board about March 6th proved the correctness of this statement.

Dr. F. A. Clarke of Portland, Me., explained Osteopathy and the method used by its practitioners.

F. LeRoy Purdy, M. D., a graduate of the Syracuse University and of the Buffalo Medical College, spoke of his experience as a practitioner of medicine. After investigating Osteopathy, he was taking a thorough course as a student of it, and found it to be all that was claimed for it.

Dr. L. W. Roberts of Boston spoke of Osteopathy as compared with massage, and of its application to fevers and to peritonitis.

Ex-Gov. William P. Dillingham, of Vermont, made an address which was considered by many to be the best of the day; but the honors were



so evenly divided between him and Ex-Lieut.-Gov. Fisk of the same State that a decision has not yet been reached. It was a bit of rare good fortune that two such valuable friends should be in Boston at this critical time. Both spoke from personal experience, as well as from observation covering two or three years, of the unquestionable value of Osteopathy as a means of relieving suffering. Gov. Fisk presided over the Vermont Senate at the time of the passage of the Osteopathic bill in that State.

Several students now taking the course at the Boston Institute of Osteopathy spoke of the thorough work done at that school and of their previous educational advantages.

Dr. Achorn asked that the practice of the science be legalized so that the standard might be as high as that of the schools of medicine, and so that charlatans might be prevented from assuming the name of Osteopaths and thus bringing it into disrepute. When questioned by Dr. Harriman of the Committee, he said they would not object to taking the entire State Board examination, excepting *materia medica*, if given a member on the Board.

#### SECOND HEARING.

The next day at 10.30, the hearing was continued, there being what the *Boston Globe* styled "a large and fashionable audience present," in spite of the fact that President McKinley and several of his cabinet arrived in Boston at that hour, and were driven through the city to their hotel.

One of the members indicated that the Committee was satisfied as to the merits of Osteopathy as presented on the preceding day; and a number of patients who were present to testify to the benefits received from the treatment were not called upon, much to their disappointment.

Dr. S. A. Ellis said that it had been shown that the practice was believed in by a large number of the

most intelligent people, and that the number was constantly and rapidly increasing. On these grounds the science was entitled to recognition, which was not substantial unless proper representation on the State Medical Board were given.

A. H. Moore, M. D., D. O., a practitioner of Osteopathy at Westfield and Springfield, Mass., spoke on the difference between osteopathic and medical therapeutics. Said that "in diagnosis the Osteopath goes much farther than the medical man, and locates the actual anatomical cause of the disease. Those who have studied this line of treatment are satisfied with it, and so are those who have been treated by it." Dr. Moore was rather closely questioned by Dr. Harriman, and proved by his prompt replies that he was familiar with the pathological subjects upon which he was talking.

The statement having been made by the Secretary of the Board that applicants were not examined in *materia medica*, Dr. Purdy read a carefully prepared paper to prove that it was necessary to understand drugs in order to take the examination as laid down by the State Board. He did not understand how the Secretary of the Board could make the public statement that "applicants for a license to practice medicine are not examined in *materia medica*," from the fact that it is so essential a part of their work. He then reviewed a number of questions found on the list used by the State Board in which the use of drugs was involved.

Mr. Samuel B. Thing said he had proved the benefits of this form of treatment in his own case; and urged the members of the Committee to try Osteopathy if they were in need of treatment, and for the sake of humanity to report favorably on the bill.

Dr. Achorn said that it was men and women of liberal education who were taking up the study of the science, and read the names of a



number of people prominent in political circles who endorse Osteopathy; also of prominent Massachusetts people who signed the petition which accompanied the bill.

There was some controversy over the question of the right of the remonstrants to cross-question the petitioners. It was agreed that the gentlemen who appeared for the bill would be present at the next session, to be cross-questioned if the privilege be given them to question the remonstrants. Dr. Harvey, Secretary of the Medical Board, who had charge of the opposition, was not ready to proceed, and the hearing was adjourned until Feb. 28th.

### THIRD HEARING.

On Feb. 28th it was evident from the crowd present that there was no diminution of interest in the measure. The *Transcript* designated the hearing as "lively," and the *Globe* mentioned the audience as the "largest and most fashionably dressed of any that has been seen on Beacon Hill this season." This may or may not have been due to the fact that a large number of M.D's of both sexes were present, although they had not found it convenient to hear the arguments in favor of the bill.

Mr. A. H. Wellman, attorney for the Medical Society, seemed to be laboring under the mistake that it was a trial by jury he was there to conduct, and that the petitioners were rascally witnesses he was called upon to cross-examine. Dr. Achorn was not willing to submit to cross-examination unless accorded the privilege of questioning the remonstrants in rebuttal, to which they objected. The Committee took a recess for a few minutes to decide upon the line of procedure, the decision being that the remonstrants should present their arguments as had been done by the petitioners, and each should question the other later. The decision, although fair to both parties, did not meet with the approval of "our

friends, the enemy" (of the bill); but as there was no appeal from the decision of the Committee, Dr. Harvey opened for the remonstrants, or rather was forced, as he said, to preach a sermon without a text. This he had proposed to wring from the petitioners by the violent method of cross-examining them by an able lawyer, who has for years been cultivating the ability to freeze the blood in the veins of the unfortunate witnesses with a single glance from his eagle eye. As this was not allowed by the Committee, Dr. Harvey proceeded to read from the *Journal of Osteopathy* and the *Boston Osteopath* such articles in explanation of Osteopathy as caused the listeners to ask each other which side he represented. As a reader, the doctor's manner is earnest and convincing, indeed, at times, dramatic.

A résumé of Dr. Harvey's argument would be interesting and readable, but lack of space forbids. One statement was startling, even to Osteopaths, *viz.*, "The Board lays no great stress on examination in *materia medica*, because in a given case twenty-five different doctors would use twenty-five different remedies." What an exact science medicine must be!

Dr. Harvey displayed a striking lack of knowledge in regard to the application of the laws of Missouri, Vermont, Iowa, Michigan, and Massachusetts to the osteopathic practitioner.

In reply to a question from the Committee whether in his opinion there is anything in the present law that prevents the practice of Osteopathy, Dr. Harvey said, "Certainly not; Osteopathy has its place, undoubtedly." Upon being pressed for a definition of the term "Practice of Medicine," the doctor said the attorney general claims that "*doing a thing*" is holding yourself out as a physician or doctor. Dr. Harvey then stated that the "Practice of Medicine" was the treatment of disease for the purpose of



cure," thus nullifying his positive declaration that the law did not prevent the practice of Osteopathy.

What a science medicine must be if what Dr. Harvey says is true, that "no two would treat disease alike, and in general we care nothing about the medicine!" Then why should an Osteopath be compelled to study medicine?

Dr. A. C. Walker, Dr. Walter P. Bower, Dr. C. E. Miles, members of the State Board of Registration in Medicine, labored under a misapprehension of what Osteopathy is or what Osteopathic schools teach, and made no real point against the bill. It certainly seems undignified for State officials to appear as remonstrants against something they know so little about.

#### FOURTH HEARING.

Upon the meeting of the Committee on March 8th, Dr. Harvey and Mr. Wellman, his attorney, insisted upon completing the hearing that day. We objected, as we had made arrangements, as per agreement, to have our speakers here on the 9th, and could not get them before that date. Finally, at the request of the Committee, we consented to a division of the time, each party to have an hour and fifteen minutes.

Dr. Harvey and Mr. Wellman proceeded to cross-examine Dr. Achorn. They were able only to emphasize the fact that we were conducting a first-class school, teaching anatomy, physiology, obstetrics, minor surgery, and chemistry, and that we had a good chemical laboratory and our students had taken dissection on the cadaver. They made no further attempt to cross-examine other witnesses, and made no attempt to draw unfavorable conclusions from the evidence.

A large number of M.D.'s were present, but the limited time at their command enabled them to use only four witnesses. Dr. David W. Cheever, ex-Dean of the Harvard Medical School, was by far the brightest man

who appeared against us. The doctor was perfectly honest and fair, but labored under the disadvantage of knowing nothing about Osteopathy. Upon cross-examination, he admitted he knew nothing about manipulations or Osteopathy and did not believe in Homœopathy; "that he could not cure disease without drugs," apparently forgetting that a large *per cent.* of the sick would recover without drugs. The doctor stated "he did not know exactly what Allopathy means," and "did not know if antitoxine is a medicine."

Dr. John Prescott Sutherland, a graduate of the Boston University School of Medicine (homœopathic) and Professor of Anatomy in the same, ex-President of the Mass. Homœopathic Society, was the only homœopath who appeared against us. He "wished to enter a little protest against the Bill and at the same time to make a slight plea for education." The hearers naturally expected him to be more fully informed on the subject which he opposed, as he appears each year in behalf of medical legislation. His definition of a practitioner of medicine was a person who "uses any means whatsoever to alleviate mental or physical suffering or to cure it." While the law specifically exempts massage, he still thinks massage is the practice of medicine.

Dr. Frank Winthrop Draper, a graduate of the Harvard Medical School and a member of the State Board of Health, "did not consider massage as the practice of medicine unless the *masseur* was an educated man." A really strange statement to make! He graduated from Harvard in 1869, and yet knew nothing about Homœopathy or Osteopathy, and said, "I have been too busy to investigate any 'pathy.'" What is a man's opinion worth on a subject he is so prejudiced against that he will not investigate it?

A good-looking young man named



Joel B. Goldthwaite, a graduate of the Harvard Medical School, reported a case of diphtheria he thought we had treated. If he had remained for cross-examination, as he promised the Committee, he would have felt ashamed of making the statements he did. He could not have misrepresented the facts more had he tried. We are surprised that any reputable physician should act as did this young man, in repeating statements made to him by a man whom we never met.

The hearings have made friends for the science and convinced the Osteopaths and their friends that Osteopathy has not only come to stay, but that Massachusetts will recognize Osteopathy in the near future.

The large committee-room was crowded at each hearing. The Committee have been very cautious; and whatever the outcome of our efforts, we shall feel kindly towards each one of them.



*Later:*—We have been holding back this issue of the *Osteopath* for the

#### DECISION OF THE COMMITTEE.

March 13th, the Committee reported "No legislation necessary" on the Fifth Annual Report of the Board of Registration in Medicine. The recommendations of the Board were of the most sweeping character, even more sweeping than their bill of last year. This was a defeat for the State Board.

March 17th, the Committee reported on the Osteopathic Bill, recommending "reference to the next General Court." This is one point gained, and leaves the Bill for the next legislature to act upon.

A majority of the Committee felt favorable to Osteopathy, but thought it advisable for us to wait another year, in view of the fact that not a member of the Committee and scarcely any members of the legislature had ever heard of Osteopathy before our bill was introduced.

While we naturally feel somewhat disappointed, we accept the view of the Committee as the best possible solution of the case at this time.



#### PERSONALS.

Irmine Z. Gunsaul, D. O., of the Boston Institute, is considering the advisability of opening an office at Providence, R. I. We should be pleased to correspond with persons in that section who are interested in Osteopathy.



We have enjoyed a very pleasant visit from Dr. A. H. Moore, who has offices at Westfield and Springfield, Mass. The people of the western part of Massachusetts desiring Osteopathic treatment should consult Dr. Moore.



Fred H. Moore, D. O., of Camden, N. J., made us lately an agreeable call. We are sorry Dr. Moore did not decide to locate in the New England States.



We have received a pleasant call from Doctors J. D. and G. A. Wheeler, recent graduates of Kirksville, who have located in this city, at 405 Marlborough Street. The Doctors Wheeler come to us well recommended, and we welcome them to New England.



Dr. F. A. Clarke of Portland, Me., attended and participated in the hearing before the Committee on Public Health, upon the Osteopathic Bill.



The death of Col. A. L. Conger, Feb. 25th, removed a staunch friend of Osteopathy. He brought to it the business habits of an active lifetime, and his support was energetic and practical.



## SPRING CLASS.

The Fourth Class at the Boston Institute of Osteopathy convenes Monday, April 10, '99, and promises to exceed the Fall class in numbers.

Osteopathy is rapidly growing in favor, and the demand for competent operators is increasing.



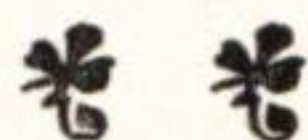
\$10.00 PER MONTH.

We are now prepared to take a limited number of patients at \$10 per month, to be treated by perfectly competent students under the supervision of Dr. Underwood, Dr. Ellis, or Dr. Achorn. The examination in each case will be made by a member of the Faculty.

C. E. ACHORN, *Pres.*



There will be public receptions at the Boston Institute, on Friday evenings, April 7th and April 21st. All friends of Osteopathy are cordially invited.



LOWELL, MASS.

Horton Fay Underwood, D. O., now a permanent member of the Faculty of the Boston Institute of Osteopathy, will be in Lowell, Monday, Wednesday, and Friday, at 237 E. Merrimack Street, where he will be pleased to see people who are interested in Osteopathy. Office hours, 9.30 to 12, and 2 to 4.

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Let us be grave,—here comes a fool.

—Greek.



"We hear a great deal, these days, about heart failure. Osteopathy asks, What makes the heart fail?"



CHICAGO, ILL.

Mary Houghton Connor, D. O.  
Suite 42,

Auditorium Building.

Hours 9 to 4.

## A Snowdrop.

Only a tender little thing,  
So velvet-soft and white it is;  
But March himself is not so strong,  
With all the great gales that are his.

In vain his whistling storms he calls,  
In vain the cohorts of his power  
Ride down the sky on mighty blasts;  
He cannot crush the little flower.

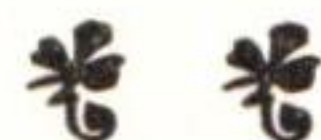
Its white spear parts the sod, the snows  
Than that white spear less snowy are;  
The rains roll off its crest like spray,  
It lifts again its spotless star.

Blow, blow, dark March! To meet you  
here,

Thrust upward from the central  
gloom,

The stellar force of the old earth  
Pulses to life in this slight bloom.

—HARRIET PRESCOTT SPOFFORD



"He who hath good health is  
young: and he is rich who owes  
nothing."



THE AILMENT.

"What appears to be the matter  
with your father?" inquired the doc-  
tor, as he hastily put his clothes on.

"He's got the plumbago," replied  
the boy. "I think that's what maw  
says it is."

"Pain in the small of the back, I  
presume," said the doctor.

"No, sir: he ain't got any small of  
the back. My paw weighs 284  
pounds."—*Chicago Tribune.*



Osteopathy is that science of treat-  
ing diseases of the human body,  
which regards disease as the product  
of an obstruction to, or derangement  
of, nerve force and circulation, and  
undertakes by manipulation, or by  
stimulation or inhibition of nerves  
and nerve-centers, to remove the ob-  
struction or correct the derange-  
ment, so that Nature may resume  
her perfect work.—*The Popular Os-  
teopath.*